

AFRH - G HOME MENU  
MENU #5 FOR THE WEEK OF

	BREAKFAST 0700-0900	LUNCH 1100-1300	SUPPER 1630-1830
M O N D A Y	FRESH BAKED CINNAMON ROLLS HOT OATMEAL/HOT GRITS BLUEBERRY PANCAKES / WAFFLES EGGS TO ORDER HASH BROWN POTATOES GRILLED HAM SLICES CREAMED SAUSAGE GRAVY BREAKFAST GRAVY	VEGETABLE SOUP SHRIMP & ASPARAGUS SOUP CHICKEN SALAD / CROISSANTS SLOPPY JOES   FRENCH FRIES GREEN BEANS SALAD BAR #1 DESSERT BAR #1	SOUP DU JOUR CORNED BEEF/HORSERADISH FRIED CATFISH FILETS BOILED POTATOES   STEAMED CABBAGE STEAMED CARROTS PLAIN/GARLIC FRENCH BREAD SALAD/DESSERT BAR #1
T U E S D A Y	BRAN MUFFINS HOT OATMEAL/HOT GRITS FRENCH TOAST   EGGS TO ORDER OVEN FRIED BACON CORNED BEEF HASH HASH BROWN POTATOES BREAKFAST GRAVY	TURKEY NOODLE SOUP NAVY BEAN SOUP/CORNBREAD FETTUCINI WITH CLAM SAUCE   CHICKEN FILET SANDWICHES POTATO CHIPS STEAMED CAULIFLOWER   SALAD BAR #2 DESSERT BAR #2	SOUP DU JOUR SWEET & SOUR PORK CHICKEN RANCHERO   BUTTERED RICE STEAMED BROCCOLI   CREAMED CORN   HOT DINNER ROLLS   SALAD/DESSERT BAR #2
W E D N E S D A Y	APPLE CRANBERRY MUFFIN HOT OATMEAL/CREAM OF WHEAT BUTTERMILK PANCAKES / WAFFLES EGGS TO ORDER GRILLED SAUSAGE LINKS   CREAMED CHIPPED BEEF BAKED BEANS W/CORNBREAD BREAKFAST GRAVY POTATO PANCAKES	MINESTRONE SOUP SPLIT PEA SOUP TACOS TURKEY SALAD MIXED VEGETABLES   TATER TOTS REFRIED BEANS SALAD BAR #3 DESSERT BAR #3	SOUP DUJOUR BRAISED SHORT RIBS SPAGHETTI W/ MEATBALLS SPINACH SMOTHERED SQUASH   CANDIED YAMS PL/GARLIC FRENCH BREAD SALAD BAR / DESSERT BAR #3
T H U R S D A Y	PECAN COFFEE CAKE HOT OATMEAL/HOT GRITS FRENCH TOAST EGGS TO ORDER   GRILLED CANADIAN BACON MINCED BEEF O'BRIEN POTATOES BREAKFAST GRAVY	CREAM OF TOMATO SOUP CHICKEN/SAUSAGE GUMBO SLICED PASTRAMI HARD ROLLS   PIMENTO CHEESE   HOME FRIES BAKED BEANS SALAD/DESSERT BAR #4	SOUP DU JOUR MEAT LOAF / TOMATO SAUCE BAKED CHICKEN MSHD POTATOES / RICE / GRAVY   TURNIP GREENS   SUCCOTASH DINNER ROLLS SALAD BAR #4 DESSERT BAR #4
F R I D A Y	FRESH BAKED CINNAMON ROLLS HOT OATMEAL/HOT GRITS SWEET POTATO P'CAKES/WAFFLES EGGS TO ORDER GRILLED SAUSAGE LINKS CREAMED GROUND BEEF LYONNAISE POTATOES BREAKFAST GRAVY	VEGETABLE SOUP PINTO BEAN SOUP/CORNBREAD SHRIMP SALAD DELI MEATS AND CHEESE CORN CHIPS   GREEN PEAS ASSORTED CHEESES SALAD / DESSERT BAR #5	SOUP DU JOUR BEEF STEW / STEAMED RICE STUFFED CRABS NEW POTATOES GREEN BEANS   CORNBREAD CORN ON THE COB SALAD/DESSERT BAR #5
S A T U R D A Y	BANANA NUT MUFFINS HOT OATMEAL/CREAM OF WHEAT BUTTERMILK PANCAKES EGGS TO ORDER OVEN FRIED BACON CORNED BEEF HASH COTTAGE FRIED POTATOES BREAKFAST GRAVY	TOMATO BISQUE CREAM OF MUSHROOM SOUP GRILL HAM & CHZ SANDWICHES CHICKEN SALAD FRENCH FRIES WHOLE KERNEL CORN SALAD BAR #6 DESSERT BAR #6	SOUP DU JOUR TUNA NOODLE CASSEROLE STUFFED BELL PEPPERS BAKED SWEET POTATOES STIR FRIED VEGETABLES STEAMED BROCCOLI PISTOLETTE ROLLS SALAD BAR #6/DESSERT BAR #6
S U N D A Y	BRAN MUFFINS HOT OATMEAL/HOT GRITS FRENCH TOAST / WAFFLES EGGS TO ORDER GRILLED SAUSAGE PATTIES CREAMED GROUND BEEF O'BRIEN POTATOES BREAKFAST GRAVY	BLACK BEAN SOUP CREAM OF BROCCOLI SOUP HOT ROAST BEEF SAND/GRAVY TUNA SALAD MASHED POTATOES   MIXED VEGETABLES SALAD BAR #7 DESSERT BAR #7	SOUP DU JOUR CHICKEN/SAUSAGE GUMBO OVER RICE FRIED SHRIMP / FRENCH ROLLS WHOLE BABY CARROTS   STEAMED ASPARAGUS BAKED POTATOES/SR. CREAM SALAD/DESSERT BAR #7

**DESSERT BAR SELECTIONS**

Popscicles, sherbet, SF gelatin, soft serve and cup yogurt both regular and FF/SF available at Lunch and Dinner)

- #01 - SWEET POTATO PIE, SF PUMPKIN PIE, VANILLA PUDDING  
#02 - OATMEAL/RAISIN COOKIES, LEMON PUDDING  
#03 - ANGEL FOOD CAKE, BANANA PUDDING  
#04 - BANANA CREAM PIE, CHOC MINT PUDDING  
#05 - FRUIT NUT BARS, SF PEACH PIE, COCONUT PUDDING  
#06 - MACADAMIA NUT COOKIES, B'SCOTCH PUDDING  
#07 - CARROT CAKE, CHOCOLATE PUDDING, SF GINGERBREAD

**GRILLED ITEMS AVAILABLE AT LUNCH**

**UGRILLED CHEESE SANDWICHES,  
HAMBURGERS/CHEESEBURGERS**

**UGRILLED CHICKEN BREAST**

**UGRILLEDHOT DOGS/SAUERKRAUT/CHILI**

DIET MENU #5 - FOR THE WEEK OF						
ALL CALCULATIONS ARE BASED ON A 3 OZ. MEAT SERVING, ONE CUP OF SOUP, ½ CUP SERVING OF STARCHES, FRUITS AND VEGETABLES. *INDICATES A MENU ITEM PREPARED WITH EXTRA LEAN GROUND BEEF. ALL RESIDENTS ARE ENCOURAGED TO SELECT A RAW VEGETABLE SALAD AT EACH MEAL.						
SF = SUGAR FREE		LF = LOW FAT ITEM		LS/LF = LOW SODIUM/LOW FAT		
	BREAKFAST 0700-0900	CAL	LUNCH 1100-1300	CAL	SUPPER 1630-1830	CAL
MONDAY	HOT OATMEAL/GRITS	85	VEGETABLE SOUP	85	VEGETABLE SOUP	85
	SCRAMBLED EGGBEATERS	45	* SLOPPY JOES	165	BAKED CATFISH FILET	170
	HARD BOILED EGGS (2)	160	BUN	160	BAKED POTATO	82
	STEWED PRUNES (3)	60	GREEN BEANS	26	STEAMED CABBAGE	25
	SLICED HAM	210	MIXED VEGETABLES	40	STEAMED CARROTS	25
TUESDAY	HOT OATMEAL/GRITS	85	TURKEY NOODLE SOUP	75	TURKEY NOODLE SOUP	75
	SCRAMBLED EGGBEATERS	45	BAKED CHICKEN FILET	195	BAKED HAM	214
	HARD BOILED EGGS (2)	160	STEAMED CAULIFLOWER	25	DINNER ROLL	75
	STEWED PRUNES (3)	60	ENGLISH PEAS	80	BROWN RICE	80
	LS/LF SAUSAGE LINKS	80			STEAMED BROCCOLI	25
	VEG/CHZ/BACN FRITTATA	185			FIELD PEAS WITH SNAPS	86
WEDNESDAY	HOT OATMEAL	85	SPLIT PEA SOUP	100	SPLIT PEA SOUP	100
	HOT CREAM OF WHEAT	85	LF TURKEY SALAD	135	*SPAGHETTI W/MEATBALLS	215
	SCRAMBLED EGGBEATERS	45	BRUSSEL SPROUTS	30	SPINACH	30
	HARD BOILED EGGS (2)	160	STEAMED BEETS	25	STEAMED SQUASH	25
	STEWED PRUNES (3)	60			FRENCH BREAD	80
	BAKED BEANS	85				
THURSDAY	HOT OATMEAL/GRITS	85	CREAM OF TOMATO SOUP	135	CREAM OF TOMATO SOUP	135
	SCRAMBLED EGGBEATERS	45	GRILLED CHEESE SAND	240	*MEAT LOAF W/GRAVY	147/50
	HARD BOILED EGGS (2)	160	BAKED BEANS	93	MASHED POTATOES	80
	STEWED PRUNES (3)	60	CARROTS	25	TURNIP GREENS	30
	CREAMED GROUND TURKEY (1/4 CUP)	90	SF APPLE COBBLER	180	SUCCOTASH	90
					SF APPLE COBBLER	180
FRIDAY	HOT OATMEAL/GRITS	85	PINTO BEAN SOUP	80	PINTO BEAN SOUP	80
	SCRAMBLED EGGBEATERS	45	LF SHRIMP SALAD	135	LF BEEF STEW	204
	HARD BOILED EGGS (2)	160	BRUSSEL SPROUTS	30	STEAMED RICE	80
	STEWED PRUNES (3)	60	CALIFORNIA MIX	36	GREEN BEANS	26
	SLICED HAM	210			SPINACH	32
SATURDAY	HOT OATMEAL	85	CREAM OF MUSHROOM	135	CREAM OF MUSHROOM	135
SUNDAY	CREAM OF WHEAT	85	LF CHICKEN SALAD	135	*STUFFED PEPPERS	240
	SCRAMBLED EGGBEATERS	45	WHOLE KERNEL CORN	80	BAKED SWEET POTATO	90
	HARD BOILED EGGS (2)	160	ZUCCHINI SQUASH	25	STIR FRIED VEGETABLES	32
	STEWED PRUNES (3)	60			PEAS W/PEARL ONIONS	90
	SWT POTATO PANCAKE	105			BROWN RICE	80
SUNDAY	HOT OATMEAL/GRITS	85	BLACK BEAN SOUP	95	BLACK BEAN SOUP	95
	SCRAMBLED EGGBEATERS	45	ROAST BEEF	225	CHICKEN PRIMAVERA	220
	HARD BOILED EGGS (2)	160	MIXED VEGETABLES	40	ANGEL HAIR PASTA	82
	STEWED PRUNES (3)	60	STEAMED BROCCOLI	25	FRENCH ROLL	130
	LS/LF SAUSAGE PATTIES	115	MASHED POTATOES	80	OKRA AND TOMATOES	29
			GRAVY	50	WHOLE BABY CARROTS	30
BREAKFAST STANDARD MENU ITEMS						
BOILED EGGS, PRUNES, BAGELS, BISCUITS, ENGLISH MUFFINS, WAFFLES, FRUIT COCKTAIL, SYRUP, SF SYRUP, HONEY, JAMS, JELLIES, SF JELLY, PEANUT BUTTER, ASSORTED JUICES, BANANAS, GRAPEFRUITS, ASSORTED FRUITS, CREAM CHEESE, VEGETABLE BURGERS AND TOAST.						
STANDARD MENU ITEMS - ALL MEALS						
ASSORTED BREADS AND DRY CEREALS, LEMONADE, ASSORTED MILK BEVERAGES AND SOFT DRINKS (REGULAR AND DIET), REGULAR AND DECAFFINATED COFFEE, TEA BAGS, UNSWEETENED TEAS, SLICED LEMONS						
STANDARD SALAD BAR FOR LUNCH AND DINNER						
LETTUCE garnished w/romaine leaves    SLICED TOMATOES    CELERY STICKS    GREEN ONIONS    CARROT STICKS DILL PICKLE SLICES    SWEET PICKLES    CUCUMBERS    SLICED ONIONS CHEESE    JALAPENO PEPPERS						
ROTATING SALAD BAR ITEMS FOR LUNCH AND DINNER						
Monday, Wednesday, Friday,			Tuesday, Thursday, Saturday		Sunday	
Beets, Sliced Green Peppers,			Pickled Beets, Black Beans,		Beets, Black Eye Peas,	
Broccoli, Shredded Carrots,			Chopped Green Peppers,		Sliced Black Olives, Broccoli,	
Garbanzo Beans, Green Olives			Whole Black Olives,		Sliced Green Peppers	
			Cauliflower, Chopped Celery		Shredded Carrots	
STANDARD DRESSINGS						
DIET FRENCH DRESSING		DIET ITALIAN DRESSING		DIET RANCH DRESSING		
BLUE CHEESE DRESSING		DIET THOUSAND ISLAND DRESSING		OIL & VINEGAR		
DAILY SALAD BAR						
#01	MARINATED SALAD, CHUNK PINEAPPLE, SUGAR FREE GOLDEN GLOW					
#02	POTATO SALAD, SLICED PEACHES, SUGAR FREE STRAWBERRY GELATIN					
#03	CARROT/RAISIN SALAD, SLICED PEARS, SUGAR FREE ORANGE GELATIN					
#04	WALDORF SALAD, SLICED APRICOTS, SUGAR FREE RASPBERRY GELATIN W/FRUIT					
#05	COUNTRY STYLE TOMATO SALAD, SLICED PINEAPPLES, SUGAR FREE LIME GELATIN					
#06	MACARONI SALAD, SLICED PEACHES, SUGAR FREE CHERRY GELATIN					
#07	THREE BEAN SALAD, SLICED PEARS, SUGAR FREE SOUR APPLE GELATIN					